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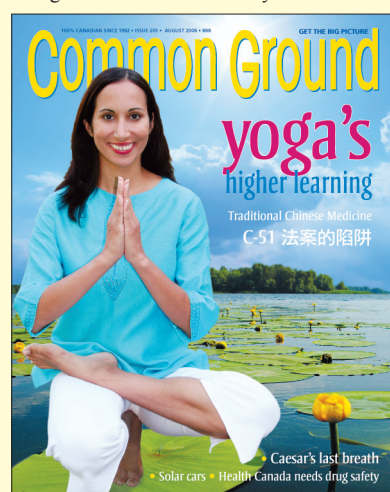
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Photo of Naseem: Joseph Pallant  
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## Always a first time...

### Chinese article in CG and college yoga certificate

The new mother at the natural food superstore cashier cuddled her baby. She handed her credit card to the baby who put the plastic card into its mouth. It struck me as odd. The baby biting the bar-coded plastic was a reminder of how far from nature our gathering of food has become.

While driving to work, a garbage truck barged out of an alley while three other cars jockeyed through a narrow side street. Slipping into the alley, the route of least resistance, I spied a huge spray of deep purple flowers. Pulling up along side and zipping down the window, I thought this was the first time I had stopped to *smell the flowers* from inside a car. The dazzling sunshine made the Butterfly Bush astonishingly fragrant, transporting me back to my introduction to *Buddleja's* amazing scent during a special summer on the Gulf Islands. Sometimes detours are lovely.

Back in Vancouver, a member of parliament was speaking on the controversial Bill C-51. The MP from Trinity-Spadina, Olivia Chow, addressed the Traditional Chinese Medicine (TCM) community. Together with translator Meena Wong, it was an education on the legislative process. From the English components of the conversation I gleaned that the TCM community in BC, as well as the rest of Canada, is sorely uninformed about C-51. One of the TCM people from that event wrote Common Ground's first Chinese article in our 26-year history. Fortunately its

companion article translated into English is near by.

Given that most MPs return to their home ridings to mingle with voters during the summer, it is an excellent opportunity to attend barbeques and other functions to discuss the merits of Bill C-51. Ask them to support natural health products as a separate category from food and drugs – and ask them how they will vote. Let the various organizations focusing on this issue know what the MPs say to you.

Another first is the offering of a Yoga Training Certificate Program by Langara College. It has been a long interesting journey for Naseem Gulamhusein the new program's coordinator. Her story inside this edition is both intimate and inspiring. Yoga is certainly popular now, but it is far more than the clothes you buy or the trinkets you wear. Going deeper with higher learning is a soulful experience that nurtures your mind, body and spirit.

On the global front it is difficult to know where the truth lies. Is the subprime economic mess, peak oil, and war seemingly without end indicating the demise of the US Empire, as it did for the SU (Soviet Union), or are we, as many bright souls believe, on the beginning of a new golden age? Or maybe it's both. We would like to hear what you have to say. Keep us up to date by sending your emails to editor@commonground.ca

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## DRUG BUST

Alan Cassels

# Health Canada takes baby steps toward drug safety

If you thought we could get through these lazy days of summer without another major drug warning from Health Canada for a class of drugs taken by thousands of Canadians, think again.

The most recent advisory is among the more mystifying of the “adverse drug reactions” warnings I’ve seen lately; it warns of tendonitis and even tendon rupture linked to a commonly prescribed, relatively new class of antibiotics. And while the warning threatens to make me rife, for the umpteenth time, on the variety of ways in which drug regulators around the world – Health Canada not excepted – seem to go through the motions of monitoring and ensuring drug safety, there was also some good news. In a separate announcement, Health Canada advised it would provide some new seed money to help establish a drug safety research

network in Canada.

This is very good news, but first, about the warning. The fluoroquinolone antibiotics, which include ciprofloxacin (Cipro) and other drugs whose generic names end in floxacillin, have been under a dark cloud for a while now. More than two years ago, the drug watchdog group Public Citizen petitioned the US FDA to strengthen the warnings, stating, “...tendon ruptures associated with these drugs continue to occur at a disturbing rate, but could be prevented if doctors and patients were more aware of early warning signals.”

Last month, Health Canada was seemingly spurred into action by the US FDA’s ruling that makers of fluoroquinolone drugs had to issue a “black box” warning – the FDA’s strongest safety warning – on these drugs. Black box warnings don’t come along all that fre-

quently and they usually emerge after much negotiation between the manufacturers and the regulator. A “black box” often precedes the removal of a drug from the market and it is a serious signal that the regulators are concerned about the drug’s toxicity.

For all you active individuals out enjoying the summer sunshine, the phrase “tendon rupture” is likely to strike fear in your heart. Tendon damage and perhaps a torn Achilles tendon could wreck anyone’s day. And this due to a drug you took for a simple infection? While the potential effects on your tendons from these drugs have been known for some time, what isn’t entirely clear is why any physician would prescribe the drug, being fully aware of the risk it carries when other antibiotics carry no such risk. As far as I can tell, there is no valid evidence that the fluoroquinolones are any better at treating most infections compared to the alternatives, such as older penicillin-type antibiotics.

My knee-jerk reaction is to suspect that the fluoroquinolone antibiotics have been widely prescribed – both mis-prescribed and over-prescribed – and only a little research confirms those suspicions. There is that perennial, but misapplied, axiom “newer equals better,” which has likely driven much of the marketing and subsequent prescribing of these drugs, and as with any newer treatment, the drug roars onto the scene with bells and whistles while the vital safety signals are spoken in whispers years later.

It is obvious to me that these drugs

are marketed as being useful for indications for which they would, at best, be someone’s second choice. At least one manufacturer of this type of antibiotic has been slapped on the wrist by the US FDA for “...making false and misleading statements regarding the safety and efficacy” of the treatment in its advertising.

In terms of how well the drugs are being prescribed, one study involving 100 patients in two academic medical centres in the US found that 81 percent of the patients taking fluoroquinolone antibiotics had been given them for an inappropriate indication. In that same study, 43 percent of the patients received these antibiotics as a first-line treatment and 27 percent of recipients had no evidence of an infection. If this study, which was small and perhaps not applicable to the wider population, comes even close to representing the actual use of these drugs in the “real world,” it is a damning indictment of a serious failure in prescribing, made all the more serious because the drugs have the inconvenient capacity to cause “tendon rupture.”

Should we not expect Health Canada, as our drug regulator, to ensure that proper and timely prescribing information, especially safety information, is made available to guide our physicians? Sadly “too little and too late” seems to characterize the safety signals reaching physicians. After a new drug is approved, the marketers jump into action putting the new drug front and centre of our doctors, our hospitals and



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So what can we do to ensure that new drugs are used properly, rather than inadvertently inflicting tendon damage on the population?

Essentially, we need better "real world" data. It is slowly being recognized that Canada lacks the capacity to properly ensure that "real world" data is generated for new drugs, and that vital safety information about how drugs work in the world in which you and I live must be delivered to physicians in a timely manner. We hope that our physicians are acting in the most prudent manner possible when it

pendent research network to study the real world safety and effectiveness of prescription drugs in Canada. The business plan behind this network called for about \$20 million per year, but Health Canada announced an immediate five percent of that (\$1 million dollars) to get things up and running.

The hope is that the provinces will jump in with their own money and make the network a reality, a network that will likely link researchers in Canada, who are already doing "post-market" surveillance work, and allow them to cooperate in tracking real world drug use issues across the country.

No one can argue that Canadians

**With prescription drug spending now in excess of \$22 billion per year...Health Canada announced in mid-July it would provide the seed money needed to set up an independent research network to study the real world safety and effectiveness of prescription drugs in Canada.**

comes to treating our infections. We also hope they will reserve newer drugs for patients for whom the older, more established classes of drugs clearly don't work. Although hope is a pretty frail framework upon which to build a drug safety system.

The demand for "Real World Safety and Effectiveness" research around pharmaceuticals is a topic I've written about in the past (*Common Ground*, August, 2007). This need was initially enshrined in the National Pharmaceutical Strategy (NPS), a federal-provincial initiative boldly launched in September 2004, with the goal of providing Canadians with more equitable, sustainable and safer access to new drugs.

Almost four years later, I'm not the only one to notice that the NPS is largely a dud. Some have said that the "new" Conservative government's mighty tendency to jettison those Liberal initiatives sounded the death knell for the NPS. Others have noted that provincial-federal wrangling over drug issues – the provinces want help to stanch the bleeding of red ink on the provincial drug file while the feds want to please the drug industry – means the NPS is going nowhere fast.

One of the things buried in the NPS's objectives was a desire to "strengthen evaluation of real-world drug safety and effectiveness" and this recent announcement seems like it's about to happen, albeit with baby steps.

With prescription drug spending now in excess of \$22 billion per year, and a strong public appetite for more rigorous drug safety in Canada, Health Canada announced in mid-July it would provide the seed money needed to set up an inde-

pendent research network to study the real world safety and effectiveness of prescription drugs, as the recent drug safety warning related to the fluoroquinolones has highlighted. Some, however, are insulted with the measly five percent Health Canada is kicking in, as it barely represents a down payment on the initiative.

Some have said that regardless of what form Bill C-51 ultimately takes, if it even survives, any promise of a "cradle-to-grave" surveillance of drugs in Canada will have to be bankrolled by "real world" drug data, and this money will ensure that Canadian researchers are organized and funded to use those data.

I say we give credit where credit is due. Health Canada has anted up so let's wait and see if the provinces will come on board. Only time will tell if they will do their part to make this network fly. Or perhaps this initiative, like so many other important initiatives in the past, is destined to die from the lack of political will.

My strategy? I'm going to say a little prayer for those who are suffering needless Achilles damage this summer and I'll feel a little guilty as I continue to enjoy running, jumping, hiking and walking. Because of our collective ignorance about a particular class of drugs, many Canadians won't be enjoying the summer as I will.

It doesn't have to be this way. Let's make drug safety a priority this year and put the money behind that decision.

*Alan Cassels is a pharmaceutical policy researcher at the University of Victoria and a frequent commentator on prescription drug issues. [www.mediadoctor.ca](http://www.mediadoctor.ca), [alan@mediadoctor.ca](mailto:alan@mediadoctor.ca)*

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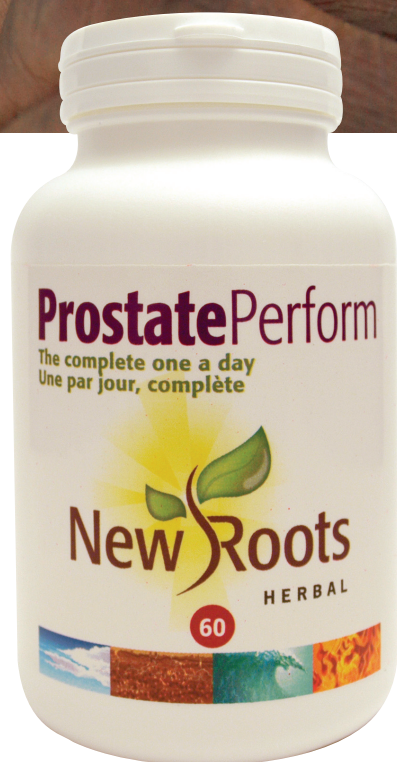
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# We care about climate change

**NUTRISPEAK** Vesanto Melina MS, RD

The question "What's responsible for all this climate change?" has most Canadians pointing to the closest SUV or highway. As it turns out, our sky-high gas prices have a plus side; they are forcing us to reconsider our highly polluting transportation habits.

Yet transportation isn't the biggest contributor to global warming. Livestock generate even more global warming gases, including immense volumes

Since 1990, carbon dioxide emissions per square metre of building have been reduced by 30 percent."

UBC committed to sustainability targets such as a 25 percent reduction in campus emissions below 2,000 levels by 2010. UBC's sustainability office assists with building design and a campus energy and water retrofit. Other initiatives in various universities include buying food from local farms, offering more

**26 North American universities and colleges have been given an A-minus or better in campus sustainability. One of these is UBC.**

of methane from enteric fermentation by ruminants (gas from both ends of cows) and of nitrous oxide from manure.

The United Nation's Food and Agriculture Organization (FAO) report summarizes livestock's threats to the environment as follows:

Greenhouse gas emissions: Livestock are responsible for highly damaging methane and nitrogen emissions.

Land degradation: Livestock damages grazing land, encourages soil loss and destroys sensitive areas.

Water pollution: Animal waste from factory farms and manure on croplands pollutes our water.

Biodiversity loss: We lose wildlife and its habitat.

In the 1970's, when I lived on a ranch near Kamloops, I noticed that the ranch's 3,000 "beef" cattle would be trucked 600 kilometres to Alberta for fattening. After slaughter, many would be trucked back to BC supermarkets, in parts. Considering the entire commodity chain of feed, water, fuel (for the transport of feed, animals and meat) and emissions, the FAO estimates that livestock are responsible for 18 percent of greenhouse gas emissions, a bigger share than that of human transport.

Yet there is good news. For example, 26 North American universities and colleges have been given a grade of A-minus or better in the four categories of campus sustainability. One of these leaders in sustainability is our own UBC. To quote the report: "The UBC ECOTrek program, the largest water and energy retrofit in any Canadian university, was finalized in 2006 and has tallied energy savings that represent a reduction of 15,000 tons of carbon dioxide emissions. The program is saving the university \$2.5 million annually as a result of a 20 percent reduction in energy use.

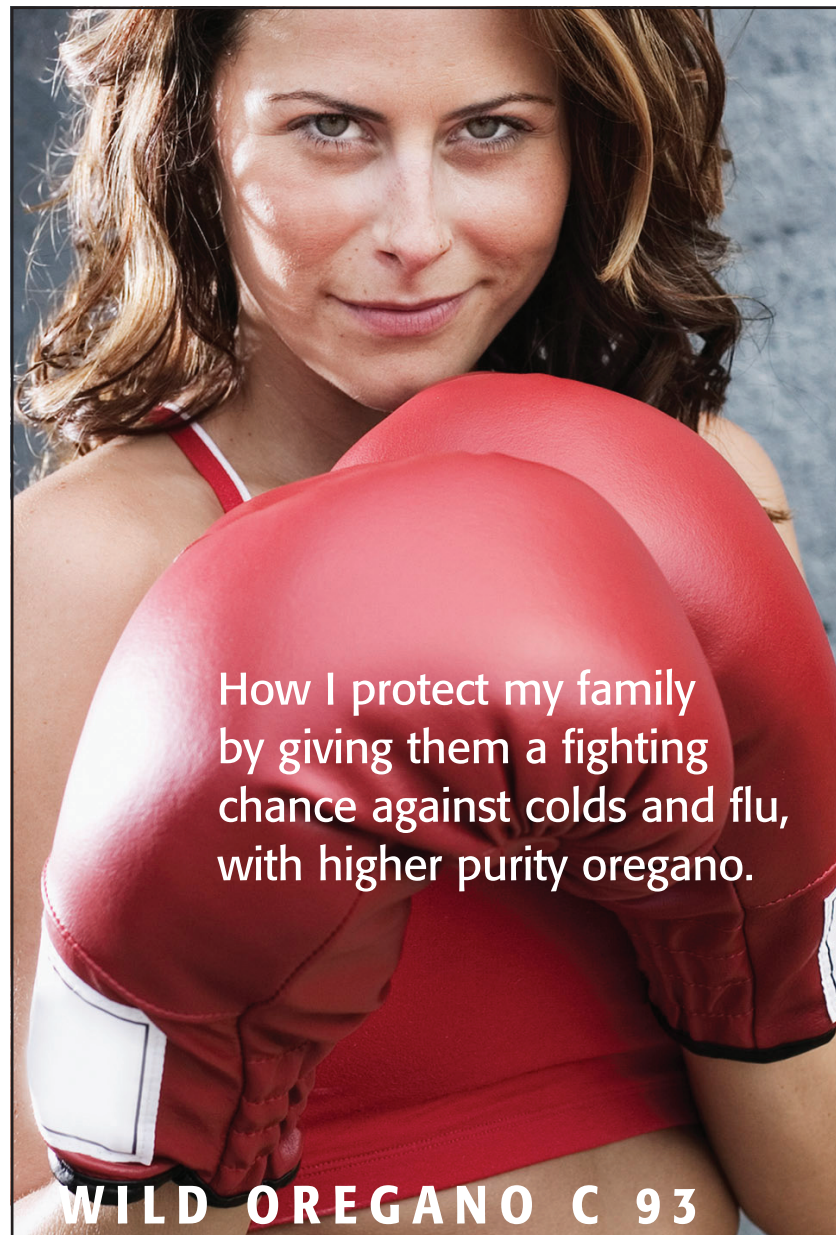
plant-based food on cafeteria menus and recycling.

Along with eating low on the food chain, sustainable farming and organic food make sense. We used to think that "organic" was synonymous with "more expensive." An E-book you might enjoy is David Hennessey's *How to Buy Organic Food Inexpensively*. Packed with practical information, the book is available online for only \$5 ([www.davidhennessey.ca/buyorganicfood.htm](http://www.davidhennessey.ca/buyorganicfood.htm))

WindSong Cohousing Community, where I have the immense good fortune to live, had the vision to implement green solutions for our heating, lighting, energy use and car sharing. These initiatives are led by community members Patrick Meyer and Kim Rink, a planet-friendly pair who develop sustainable communities ([www.ecotek.ca](http://www.ecotek.ca)). Their efforts are starting to save us money.

How can you show that you care? At your next picnic, opt for a veggie burger. There are many brands and you are sure to find one you like. Test plant-based recipes with your friends and family. Frequent vegetarian restaurants. Check out [www.veg dining.com](http://www.veg dining.com) where you'll find listings for vegetarian restaurants across the globe; there are 52 in Vancouver and 13 others throughout BC. If you know of other veg-friendly restaurants that should be listed, let them know and also send an email to the people at [www.happy cow.net](http://www.happy cow.net) The website has 97 food-related listings for BC. Encourage everyone you know, young and old, to eat healthy, recycle and do what they can to take care of our dear planet.

*Vesanto Melina is a dietitian and author. Her newest book is Raw Revolution Diet. She offers personal consultations from her office near Fort Langley: 604-882-6782, [www.nutrispeak.com](http://www.nutrispeak.com)*



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**INSPIRATION**

# Higher education just got higher

by Naseem Salila Gulamhusein

*Yoga is not an ancient myth, buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow. — Swami Satyananda Saraswati*

While finishing a degree at UBC, I dreamed of a curriculum that included yoga and wellness. I had already completed a degree at Langara College and I was well aware of the stress and pressure placed on students to succeed. I also questioned the logic of having to take some of the classes deemed “mandatory” to obtain a degree and I thought colleges and universities would be wise to include a six-credit course in yoga and holistic health. This way, when students got into the “real world,” they would have some valuable tools to deal with the changes and challenges of life.

In 1999, I was heading down the path to depression; life was taking its toll on me and sadness consumed my heart. I remember leaving campus one day after seeing a psychologist who had recommended I go on Prozac. I knew this was not an answer to my problems. Walking away from the institution, I was aware that I needed to make a choice between a path of suffering (where I was getting great marks) or embracing a path towards peace. In that moment, I remembered a quote my uncle had written in a yoga book: “When you surrender to emptiness, you will find happiness.”

The Centre for Holistic Health Studies at Langara College states its purpose as follows: “...to re-evaluate how health is created in the mind, body and spirit by expanding a client centred healthcare model that awakens the body’s innate healing potential and opens the path of the Heart.” After selecting the centre from a long list of potential workplaces that would be a good fit for my skills and passions, I was called in for an interview for the position of program coordinator.

During the interview, we talked about a number of things in relation to the programs. I spoke about wanting to share my passion for teaching yoga, and the interview changed into a larger discussion about creating a yoga teacher-training

program at Langara. It would be vital to create a balance between the art and science of yoga and program development; and conversations with the Dean and others helped clarify how we could accomplish this in a college setting.

Spirituality and religion have always been a part of my life. Growing up, I was exposed to a diverse cultural and religious background. My father is Ismaili Muslim, born in East Africa, and my mother is Catholic, born in Northern Ireland. As a little girl, on Friday nights I would accompany my father when he went to the mosque. On Sundays, I attended church with my mother. Hearing the words of God, Allah, Jesus and Mohamed, I would think to myself how similar they all sounded; the meaning and message were about living by one’s virtues and helping those in need.

My mother and father struggled to find a balance and I soon came to understand why people fight over religion. Because of their interracial marriage, my parents were on the fringe of their own religions, providing me with a rich, cultural experience. In my teenage years, my father took me to my first yoga class, where I met my first teacher, a woman named Joy who suggested that one day I teach yoga. In saying that, she sealed my destiny.

My yoga-training journey brought me many blessings and the honour of studying with four great teachers: the first of which are my parents, who have taught me patience; the second, Yogi Bhajan (Kundalini yoga), taught me courage; the third, Gurumayi (Siddha yoga), taught me to follow my heart, and, to this day, Baba Hari Dass (classical Ashtanga and Raja Yoga) teaches me selfless service and devotion.

In 2001, I ended up in New Mexico with a backpack and a small tent, which

would be my only possessions for the next six months. I couldn’t help but ask myself, “What am I doing?” but I knew there was no turning back. I had a strong desire to burn off the karma of sadness and suffering and my days con-



sisted of chanting every morning at 4 AM, yoga, meditation and working in the gardens and the office. On the first day of our yoga teacher-training, Yogi Bhajan advised, “You are going to work through your stuff now!” and he made us hold our arms in the air for what seems like hours. After I completed my stay there, he admonished me to go and teach the world.

After travelling and teaching yoga full time for several years, my life took a dramatic turn. Having just spent more than a year in service at the Mount Madonna Center in Northern California and the Salt Spring Centre of Yoga in BC, I received news that my beloved mother in Ottawa had breast cancer. The prognosis was not good – she had three to six months to live. My reality crashed around me as I fell to the ground in deep sadness. Only a few days before, I had



talked with a close friend about what it would be like to lose a parent. I was not prepared, but bolstered with the support of community, I headed home to do my duty. Initially, my duty to my family took me to Ottawa, but it was my love for my mother that kept me there. Hospitals, chemotherapy, painkillers, nausea, cooking, laughter, forgiveness and tears became our day-to-day reality. Having lived independently for so many

lege is the first college in Canada to offer a 250-hour, experiential yoga teacher-training certificate program, which offers students the opportunity to study and practice these ancient teachings, which can bring about personal transformation, as well as allowing them to develop a daily at-home yoga and meditation practice.

One of the foundations of yoga is a regular daily practice (*sadhana*).

**Teaching yoga is a life journey, which begins with cultivating awareness of one's mind, body and soul...When we are free, life becomes a joyous dance with the divine. The heart opens and blossoms, providing beauty and light to all.**

years, I was once again a daughter, living at home.

I have heard that the greatest test of anyone's practice is to move back home with parents and continue to remain in a state of *shanti* (peace). Three to six months turned into 18 months and I was honoured to be by my mother's side during the process. In the summer of 2006, the cancer consumed my mother's body, the battle was over and all that remained was to surrender. In the face of death, all I knew to do was chant. Both the Catholic priest and the Mukhi Kamadia from the mosque gave the Last Rights and I chanted the *shanti* mantra so that peace would prevail.

I was graced by watching my mother live and die without fear. She offered all of her suffering to God and forgave those who had trespassed against her. In her final hours, I watched the true meaning of life unfold. We come into this world on an inhale and we literally leave on an exhale. Everything in between is an experience that brings us closer to our inner truth and divine consciousness. Life is pairs of opposites seeking balance and union (yoga). Balance arises when we give up suffering, negativity and fear.

In the face of fear, there is always love and this is what guides me to live in the world. I choose to live and love through the path of devotion and action. After my mother's death, I travelled with my beloved teacher Baba Hari Dass to India. For two months, I lived at Sri Ram Ashram, an orphanage for 68 destitute and orphaned children and school for 500 children. It is also a charitable medical clinic. It was there that my feelings of gratitude for having the love of a mother became more than I can ever express.

All these experiences brought me back to Vancouver in the fall of 2007, where I was led to Langara College to follow my dream at the Centre for Holistic Health Studies. Langara Col-



Through meditation, self-affirming thinking and developing a positive approach to life, students learn how to solve personal challenges and promote peaceful change in society. They also gain the knowledge and skills to effectively teach mindful yoga classes and deliver workshops to diverse groups.

It is our life experiences that make us great teachers. We can only teach people from where we have gone before. Teaching yoga is a life journey, which begins with cultivating awareness of one's mind, body and soul and a strong desire to free oneself from the bondage of suffering. When we are free, life becomes a joyous dance with the divine. The heart opens and blossoms, providing beauty and light to all.

*Naseem Salila Gulamhusein is the Yoga Teacher Training Program Coordinator and Teacher Trainer at Langara College. She has taught all levels of students internationally and has instructed for yoga teacher training programs in Canada and the US. [ngulamhusein@langara.bc.ca](mailto:ngulamhusein@langara.bc.ca), [www.holistichealthstudies.com](http://www.holistichealthstudies.com)*

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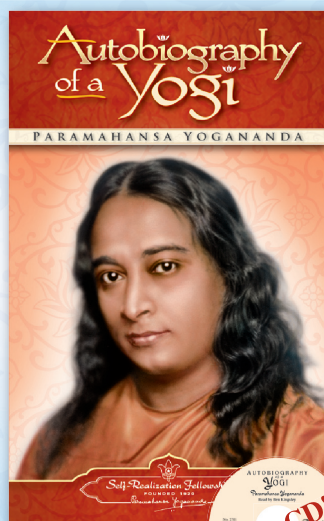
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# Transcend the world

THE POWER OF NOW Eckhart Tolle

### SPIRITUALITY

The world as it appears to us now is, as I said, largely a reflection of the egoic mind. As an unavoidable consequence of egoic delusion, it is a world dominated by fear. Just as the images in a dream are symbols of inner states and feelings, so our collective reality is largely a symbolic expression of fear and of the heavy layers of negativity that have accumulated in the collective human psyche.

We are not separate from our world so when the majority of humans become free of egoic delusion, this inner change will affect all of creation.

search for fulfillment through psychological gratification, through feeding the ego. You are in touch with something infinitely greater than any pleasure, greater than any manifested thing.

In a way, you then don't need the world anymore. You don't even need it to be different from the way it is.

It is only at this point that you begin to make a real contribution toward bringing about a better world, toward creating a different order of reality. It is only at this point that you are able to feel

When you are fully present and people around you manifest

unconscious behaviour, you won't feel the need to react to it...

Your peace is so vast and deep that anything that is not peace

disappears into it as if it had never existed.

You will literally inhabit a new world. It is a shift in planetary consciousness. The strange Buddhist saying that every tree and every blade of grass will eventually become enlightened points to the same truth.

According to St. Paul, the whole of creation is waiting for humans to become enlightened. That is how I interpret his saying that "the created universe is waiting with eager expectation for God's sons to be revealed." St. Paul goes on to say that all of creation will become redeemed through this: "Up to the present... the whole created universe in all its parts groans as if in the pangs of childbirth."

What is being born is a new consciousness and, as its inevitable reflection, a new world. This is also foretold in the *Book of Revelation* in the *New Testament*: "Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away."

But don't confuse cause and effect. Your primary task is not to seek salvation through creating a better world, but to awaken out of identification with form. You are then no longer bound to this world, this level of reality. You can feel your roots in the Unmanifested and so are free of attachment to the manifested world. You can still enjoy the passing pleasures of this world, but there is no fear of loss anymore, so you don't need to cling to them. Although you can enjoy sensory pleasures, the craving for sensory experience is gone, as is the constant

true compassion and to help others at the level of cause. Only those who have transcended the world can bring about a better world.

You may remember that we talked about the dual nature of true compassion, which is awareness of a common bond of shared mortality and immortality. At this deep level, compassion becomes healing in the widest sense. In that state, your healing influence is primarily based not on doing but on being. Everybody you come in contact with will be touched by your presence and affected by the peace that you emanate, whether they are conscious of it or not.

When you are fully present and people around you manifest unconscious behaviour, you won't feel the need to react to it, so you don't give it any reality. Your peace is so vast and deep that anything that is not peace disappears into it as if it had never existed. This breaks the karmic cycle of action and reaction. Animals, trees and flowers will feel your peace and respond to it. You teach through being, through demonstrating the peace of God. You become the "light of the world," an emanation of pure consciousness, and so you eliminate suffering on the level of cause. You eliminate unconsciousness from the world.

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# The language of silence

UNIVERSE WITHIN Gwen Randall-Young

More than ever before, people seem to be searching for the way to “be” in this world. The power of the internet allows for large shifts in human consciousness, as millions of people are exposed to the same ideas and perspectives at the same time.

While the internet has certainly sped things up, groups of people subscribing to the same philosophy is not new. Have you noticed, though, that every couple of years a new path seems to enchant the masses? It seems a true shift in consciousness will occur. Within a couple of years or even months, however, that awareness seems to fade and something new comes along, with the hope that maybe this will be the answer.

Humans have been seeking for a long time and if there was an answer out there, we would have found it by now. It is the thinking mind that tries to figure it all out. The answers, however, are not “out there” and it is not the thinking mind that would lead us

silence. An ocean of energy underlies everything. When we enter the silence, as in meditation, we can “tune in” to the larger frequencies. Energetically, we can “go” anywhere in the universe.

We are like drops of water that have separated out of the oneness to experience individuality. We developed our own separate ego selves to differentiate from the other drops. The problem arose when we identified with that ego self, thinking it was the real “us.” We forgot about the true essence. Ego is on a continuous quest to feel better, understand more, reduce suffering, be evolved, or to “get it.”

The truth is that what we yearn for is not answers or even understanding. It is connection. When we shed ego like a suit of clothing and go naked into the silent ocean, we merge back into the home from which we came. We experience our own soul – that drop of cosmic consciousness – that belongs to the whole. That is where we experience peace, contentment and even joy. When

**The language of the universe is silence. An ocean of energy underlies everything. When we enter the silence, as in meditation, we can “tune in” to the larger frequencies.**

to them. The thinking mind rearranges ideas, which are the products of our own minds or the minds of others. It is basically our word processing program and it has limitations – the major one being language itself.

Think of the vastness of the universe and picture a tiny blue planet somewhere in the midst of it all. Humans have developed a way to communicate with each other and even speculate about things beyond our little world. Yet we no more possess the language to talk meaningfully about things “beyond the beyond” any more than ants can talk about the country they live in, much less the cosmos. Answers will not come from words, no matter how we rearrange them.

There is, however, another way of knowing. Because everything in our universe is connected, a part of us can tune in to all that is. It is a little like the oceans of the world. They are all connected. If we had the ability to “read” the energy in the water, we could dip our feet into the Pacific Ocean and “pick up” information from the Atlantic or the Indian Ocean.

The language of the universe is

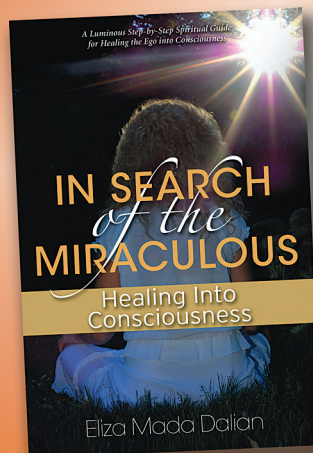
we re-enter the world, having tasted the sweetness of home, we realize nothing here need bother us. We see all the machinations of ego; how it creates dramas, polarities, unhappiness and stress and we can choose to no longer identify with that aspect of our being. When we cease to identify with it, it loses all power.

There is nothing to seek, nothing to find, no answers. It is all about where we choose to put our consciousness. Shall we let it energize ego and take us on a wild ride, or do we use it to maintain an open connection with the oneness and live our lives as our true soul selves?

*Gwen Randall-Young is a psycho-therapist in private practice and author of Growing Into Soul: The Next Step in Human Evolution. For articles and information about her books and “Deep Powerful Change” personal growth/hypnosis CDs, visit [www.gwen.ca](http://www.gwen.ca)*

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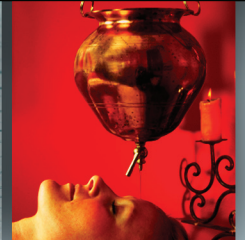
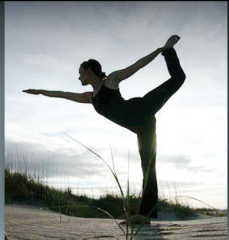


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## CULTURE

# Temperature rising

**THIRTY SOMETHING** Catherine Chapman Dinim

We're setting off on the journey of our lifetime and it's already rewarding and mystical. Ishi and I are going to be parents in three full moons'-time. Watching the moon rise big and round in July, yellowy on the horizon, more than ever I felt connected to the earth and my place in the cycle. We're embarking on an adventure that millions have undertaken before us. Looking up at the moon, I think of all the mamas around the world who are looking up too, hoping for a good life for their little ones – a safe and healthy world that will nurture and support them.

I think about the smiles I see on people's faces while I go about my daily errands in my neighbourhood, how we know each other's names. I think about the families in my school community, the parents who are involved in their kids' lives and supportive of a different way of thinking about how kids learn. They are right beside their kids, helping them learn to communicate openly and effectively every day. I think about the kids I know and love, who see that the world they are inheriting is unhealthy in so many ways, but at the same time accepting the shared responsibility to work on it.

I think about me and Ishi, embarking on this new journey with great joy, our baby already connecting with us, deepening the bond between us and in our families, increasing that feeling of hope. I feel overwhelmed with gratitude for our world.

Over the last few months, I've had to limit my news consumption. Too much heartache and violence, packaged in 45-second sound bites. I am easily overwhelmed. This is the world we're bringing new life into? If I let my mind wander, the worry sets in. Environmental catastrophe, climate change, genocide, the big picture is grim. There are so many things that need fixing, dangerous patterns that are decades or centuries old. What a disaster we are giving our kids.

But my heart steps in and relieves my mind. I can trust my heart. It doesn't often lead me wrong. Our world is still a good place. There are glimmers of hope in small places, small decisions that ripple outward. Ishi and I have a strong community here in Vancouver – people who are making positive choices every day, creating good things, growing and eating healthy foods, raising their kids to be kind and respectful of themselves, others and their environment and actively working to be the best communicators, decision-makers, friends and parents they can be.

And I think about Ishi and myself, embarking on this new journey with great joy, our baby already connecting with us, deepening the bond between us and in our families, increasing that feeling of hope. I feel overwhelmed with gratitude for our world, flawed as it is, on its own mystical and rewarding journey – a journey we can join for a few small steps in the right direction.

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*Catherine is an educator, friend, wife and mother-to-be in Vancouver. [contactishi@yahoo.ca](mailto:contactishi@yahoo.ca) Waiting to hear echoes back...*



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**ENVIRONMENT**

**I**t seats two and has a top speed of 90 kilometres an hour. When it arrived in Vancouver in early July, driven by a young Swiss adventurer and explorer of the future called Louis Palmer, who I'll come to in a while, it had been driven 32,000 kilometres around the world, without using a drop of gas.

What does it run on? Pure sunshine, delivered free of charge to a small trailer with six square metres of photovoltaic cells. Louis calls it his "solar taxi" because he takes so many people for rides. It has turned heads wherever it goes and it has travelled from Europe to Saudi Arabia and to India, Bali (for the global climate conference), New Zealand, Australia (across the Nullarbor Plain), Singapore, Korea, China and to Vancouver. What does it cost? The car was custom-made so it's impossible to tell, but similar, small electric vehicles sell for under \$20,000.

And the running cost? If it were a regular car, burning 10 litres per 100 kilometres (28 miles per gallon in Canada), with gas at \$1.50 a litre, the fuel would have cost \$4,800 for the 32,000 km.

However, because it is a solar car, we need a different kind of calculation. Please don't stop reading if you don't like math; these are the new calculations we need to get used to.

The car uses 8 kilowatt-hours of electricity (kWh) per 100 km – we use the capital W because the Watt is named after James Watt, the Scottish inventor of the modern steam engine. If you took the power from BC Hydro, at 6.5 cents per kWh, it would cost you \$165, or \$1 for every 194 kilometres.

Get used to the shock. That's what a lightweight electric vehicle costs to run. An average annual driving distance of 15,000 km would cost you \$78 or \$1.50 a week – less if you reduce your driving by using a bike or bus.

This is a solar car, however, so we need some additional math. The car's trailer carries an 850 Watt solar system. You can buy an installed 1,000 Watt system for \$8,000, so 850 Watts will cost you \$6,800. The solar cells will produce power for 35 years or more, but they're guaranteed for 25 years so we'll use that

number. If you pay for it on a six percent 25-year mortgage, your monthly payment will be \$44 or \$1.45 a day; that's 3.5 cents per kilometre. That is the price of driving a small, solar electric car. Welcome to the future. And while the price of gas will rise every month as the world's oil sup-

he was a child, he dreamed of escaping Switzerland's mountains and driving around the world. Then his teacher taught him about the dangers of global warming and he had to abandon the idea.

When he was 14, however, he sketched the idea of a solar car and the seed was

**While the price of gas will rise every month, the price of solar will fall, due to mass production and increases in solar efficiency.**

ply disappears, the price of solar will fall, due to mass production and increases in solar efficiency.

Pessimists and cynics of the world hide your heads. This is a car that runs on sunshine, and the sun is good for another five billion years, whereas the oil – that stored ancient sunshine from long, long ago – will be gone in 31 years. An estimated 1,000 billion barrels remain and we're using 32 billion barrels a year. Ah, but Brazil has just discovered a "huge" oil field, with 33 billion barrels so make that 32 years.

But what about its range? When the sun is shining, Louis's car has a range of 400 kilometres before he has to stop and recharge it. On a cloudy day, make that 300 km. Take away the solar trailer and its range is 200 km from its battery. So if your car is powered from a solar system on your roof, instead of the trailer, your range is 200 km.

While that's not good for longer trips, it's fine for 90 percent of the trips we make on a regular basis, and with battery technology so hot right now, every car maker on the planet is chasing the Holy Grail of a better battery. For longer trips, we'll be using the plug-in hybrid electric vehicles arriving in 2010 from Toyota, GM and Ford, which can run on gas (or biogas from sewage) for longer distances.

What about winter, when the sun's hiding away? You just plug it into the grid. If, just theoretically, every one of BC's 2.3 million cars were a lightweight, electric car like the solar taxi, using 1200 kWh a year to travel 15,000 km, we'd need to generate an additional 2,760 gigawatt hours of electricity a year. That's a 4.6 percent increase in the power we use today in this province. Even if we triple the number to allow for larger cars, it's still only a 15 percent increase; we could produce that much power just by making our homes and businesses more efficient.

So what about Louis Palmer, the man who set these thoughts in motion? When

sown. Later, when he became a teacher, during the school holidays, he became a global adventurer. In 1994, he toured Africa on a bike and in 1996 he flew by ultra-light across the USA. He has also worked as a travel guide and aid worker in Afghanistan and cycled through South America. Everywhere he went, people said, "The weather has changed. It didn't used to be like this." For Louis – and all of us – global warming is a serious threat.

Louis is not an engineer so in order to make his solar taxi he first went to a battery company, which offered him the batteries. He then approached local colleges, where engineering students offered to design the car. Later, he went to a machine company, where they offered to assemble it. At the time of writing (mid-July), he is driving down the west coast of America. When he's crossed America, he will ship the solar taxi to Morocco and drive back through Europe, ending his journey at the World Climate Conference in Poznan, Poland, in December. Follow Louis's journey at [www.solartaxi.com](http://www.solartaxi.com)

The moral of this story is that you don't have to be a genius to invent the future and help save the world. You just need to believe in your dreams and when it comes to the details, ask other people for help.

Speaking of heroes, Vancouver's Matt Hill and Stephanie Tait, who are running daily marathons in their Run for One Planet to raise awareness about climate change and funds for future eco-initiatives, have reached Ontario and are closing in on Toronto. To follow their amazing journey, see [www.runforoneplanet.com](http://www.runforoneplanet.com). If you want to learn about electric vehicles, visit the Vancouver Electric Vehicle Association at [www.veva.bc.ca](http://www.veva.bc.ca)

*Guy Dauncey is president of the BC Sustainable Energy Association, editor of EcoNews and author of Stormy Weather: 101 Solutions to Global Climate Change and other titles. He lives in Victoria. [www.earthfuture.com](http://www.earthfuture.com)*

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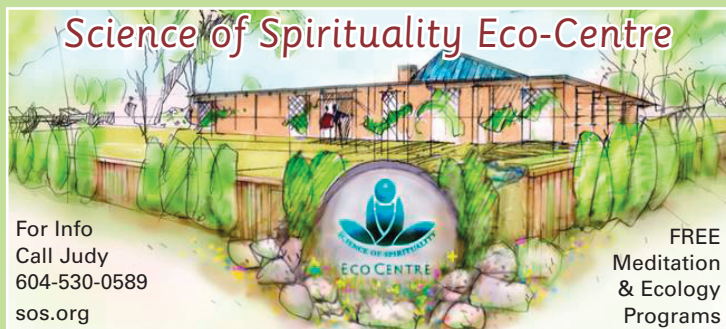
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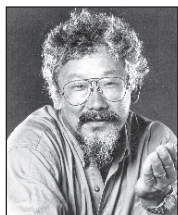


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# When good elements go bad

**SCIENCE MATTERS** David Suzuki with Faisal Moola

If you've been following news about the upcoming Beijing Olympic Games, you may have seen photos of thousands of workers trying to clean huge swaths of algae from the waters and beaches in co-host city Qingdao. The algae have proliferated over a third of the waters where sailing events will be held.

This is not an unusual occurrence, but it is a symptom of an underlying problem with potential repercussions far more serious than hampering Olympic events or adding to the negative publicity surrounding China's games. The blooms – along with a host of other problems – are caused by excessive amounts of nitrogen from sources such as road and industrial run-off, untreated sewage and,

gen and phosphorous washing into the ocean and stimulating growth of excessive amounts of algae and other plants, which then starve the area of oxygen.

Ironically, the increase is fuelled in part by the rush to find alternatives to fossil fuels that contribute to global warming. Farmers along the Mississippi River have been planting more corn and using more fertilizer to meet the demand for corn-based biofuels. Corn's shallow roots don't hold and absorb all of the fertilizers so much of it washes into streams that flow into the Mississippi, which drains into the Gulf of Mexico.

In a process known as eutrophication, the nitrates and phosphorous from the fertilizers, along with carbon from the air,

**Scientists predict a massive "dead zone" in the Gulf of Mexico will grow to more than 26,000 square kilometres this summer.**

most of all, fossil-fuel combustion and agricultural fertilizers.

Because it is a major component of proteins and the atmosphere, nitrogen is a vital element in the biosphere. In the soil, nitrogen stimulates growth in plants. Normally, bacteria in soil can take atmospheric nitrogen and combine it with hydrogen to create a molecule that plants can use. We can "fix" nitrogen from the air into fertilizer in a process that takes a lot of heat from fossil fuels.

Applied on farmers' fields, this artificial fertilizer induces plant growth, but scientists believe that this has resulted in nitrogen entering the Earth's soils at more than twice its natural rate. This ripples out from the land to affect freshwater and marine ecosystems. Besides giving Chinese Olympic organizers headaches, algal outbreaks have also contaminated drinking water supplies used by millions of people.

Excess nitrogen can also disrupt or change plant growth patterns (including contributing to the spread of invasive species), poison freshwater environments, deprive ocean ecosystems of the oxygen needed to support aquatic life and even contribute to global warming.

In one particularly troubling example of the impact of all this nitrogen, scientists predict that a massive "dead zone" in the Gulf of Mexico will grow to more than 26,000 square kilometres this summer, which is more than 50 percent greater than the yearly average since 1990. That's an area about half the size of Nova Scotia! Dead zones are caused by nitro-

stimulate growth of algae and other nuisance plants in the water. When the plants grow, die and decay, they block the sun and use up oxygen, thus decreasing the supply of dissolved oxygen in the water. This process occurs in lakes and oceans. The decayed plants also fall to the bottom and create layers of slime on the lake or ocean floor. Scientists say these dead zones are growing in size and number, with as many as 200 now believed to have formed in the Earth's oceans.

Nitrogen also contributes to global warming, through fossil-fuel emissions and other human activities such as agriculture, as well as by eutrophication. Nitrogen itself is harmless and makes up 80 percent of our atmosphere, but nitrous oxide, a by-product of nitrogen from fossil fuels and agricultural practices, is 300 times more potent as a greenhouse gas than carbon dioxide, although carbon dioxide is far more prevalent in the atmosphere.

Because we know where much of the excess nitrogen in the environment comes from, we know how to reduce the levels. First, we must cut back on fossil fuels. But we can also reduce our use of chemical fertilizers in agriculture, on golf courses and even in our own back yards. We may not be able to fix the problem in time for the 2008 Olympics, but we need to get on it now or we'll have far bigger problems to contend with than where to hold Olympic sailing events.

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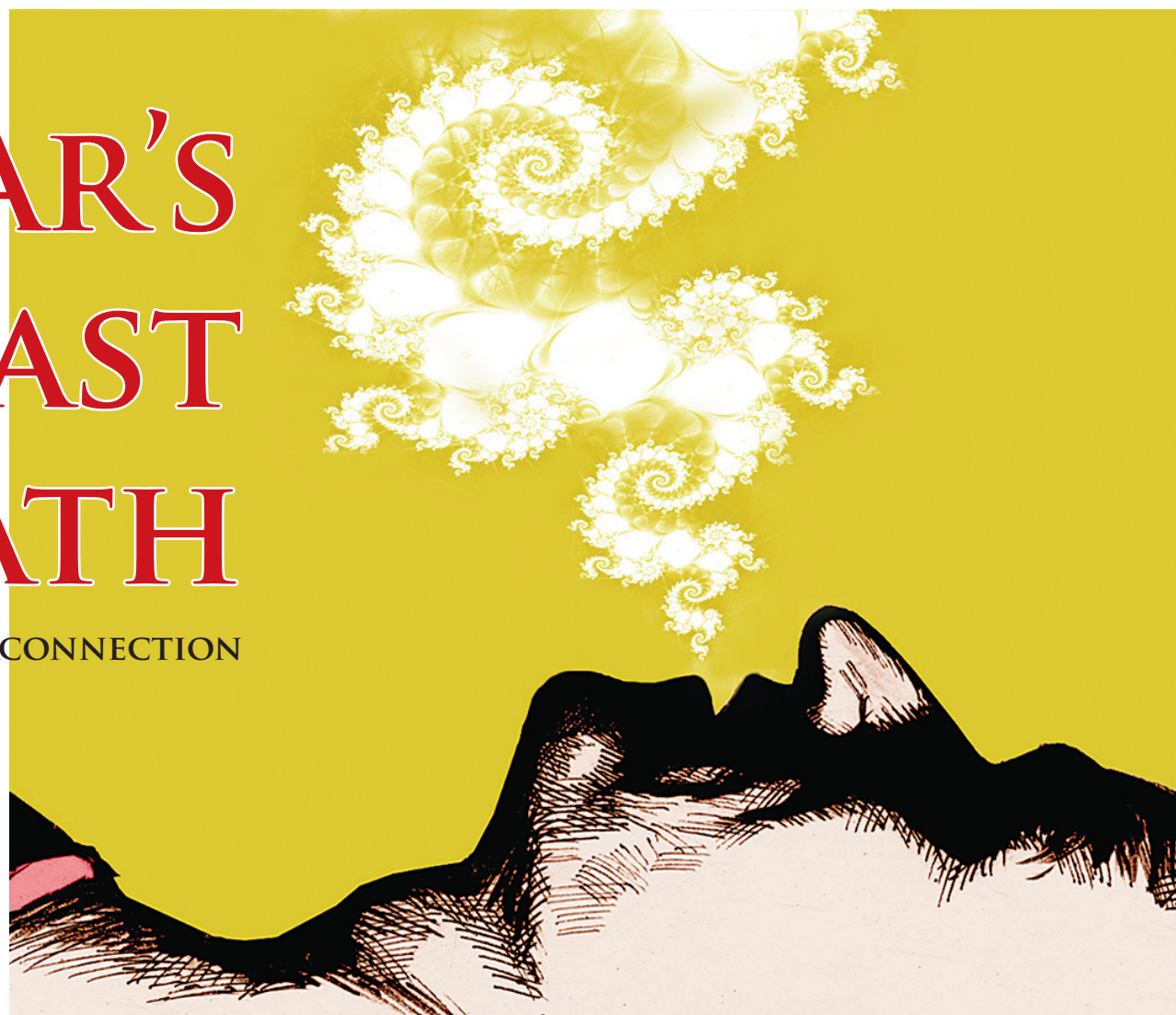
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# CAESAR'S LAST BREATH

A LESSON IN INTERCONNECTION

by Geoff Olson



Breathe in. Breathe out. Now consider this: every breath you take contains at least one air molecule exhaled by Julius Caesar in his last breath. With your every breath, at least one of these molecules makes its way into your lungs. This pop-science factoid may sound dubious, but it actually began as a thought experiment by nuclear physicist Enrico Fermi. It's been a chem class standard ever since.

Mathematician John Allen Paulos took another look at the numbers for his 1988 book *Innumeracy*. He began from the assumption that two thousand years have been enough time for the carbon dioxide molecules in Caesar's last breath to mix evenly in the atmosphere. "Thus there is a 1.8% chance that none of the molecules you are (still) holding in your lungs came from Caesar's last breath. And there is a 98.2% chance that at least one of the molecules in your lungs came from Caesar's last breath," Paulos noted.

This counterintuitive calculation strikingly illustrates how interconnected our lives are, across vast stretches of time. The traffic of molecules between our bodies and the environment is the ultimate in "free trade." As Zen philosopher Alan Watts once observed, human beings are like the whirlpools and eddies seen at the edge of running streams. We're dynamical systems that maintain recognizable form while exchanging matter and energy with our environment.

We are inseparable from the larger patterns in which we're embedded. The

great lesson of twentieth century science, from quantum physics to ecology, is that we cannot understand the separate components apart from the whole. Yet there are places in the world where they apparently haven't heard the news yet, and I don't mean the refugee camps of Sudan or the jungles of Borneo; I mean the university faculty clubs in the First World.

Post-Keynesian economic theory is stuck in a Newtonian era rut – a push-pull paradigm – and it's about to hit a wall, both intellectually and practically, in Earth's carrying capacity.

It's not as if there hasn't been plenty of time to catch up with the non-reductionist worldview. In 1866, German biologist Ernst Haeckel coined the term *oekologie*, or "ecology," defining it as "...the comprehensive science of the relationship of the organism to the environment." By the early twentieth century, poverty-stricken New York collector of scientific oddities Charles Fort had a grasp of where the new sciences were heading. "If there is an underlying oneness of all things, it does not matter where we begin, whether with stars, or laws of supply and demand, or frogs, or Napoleon Bonaparte. One measures a circle, beginning anywhere," Fort stated.

In 1961, when weather scientist Edward Lorenz was programming a computer to predict weather patterns, he entered the decimal .506 as a shortcut, rather than the full sequence of .506127. The result was a radically different

weather scenario. Lorenz remarked on this finding in a 1963 paper: "One meteorologist remarked that if the theory were correct, one flap of a seagull's wings could change the course of weather forever." Appearing before the American Association for the Advancement of Science, Lorenz gave a talk entitled, *Does the Flap of a Butterfly's Wings in Brazil Set off a Tornado in Texas?* The title has since become a shorthand expression for nature's interconnectedness.

Lorenz's findings kick-started the 1980s academic cottage industry of "chaos theory." Aided by the personal computing explosion, scientists plumbed the bizarre, psychedelic landscapes of fractals and "strange attractors," mathematical forms that appeared to underlie some of nature's most persistent themes. Suddenly, it became possible to see links between seemingly unrelated things. From dripping taps to the collapse of caribou populations, from the whirlpool of cream in your coffee cup to the pinwheel of stars in a galaxy millions of light years away, chaos theory supplied the connections. Charles Fort was right: you could measure a circle beginning anywhere.

The disciplines of chaos theory and complexity theory have both had a strong influence on the physical sciences and in some of the life sciences, as well. Urban planners and social scientists have also seized upon the new ideas. Yet, as far as neoclassical economics is concerned, it's as if the discoveries of Lorenz and his colleagues never occurred. The dis-

connect between rhetoric and reality has alerted some of the silverbacks within the financial-speculative complex that something is very wrong with their profession. Among them are Joseph Steiglitz, former senior vice president and chief economist of the World Bank, former hedge fund financier George Soros and University of Bologna professor of political economics Stefano Zamagni.

David Suzuki is another skeptic and he offers a great anecdote about economic thinking. While at the University of British Columbia, he figured it would be a good idea to supplement his academic background in biology with an understanding of economics. When he attended his first class, the instructor stood at the blackboard, drawing lines in chalk to show the flow from the resource base into the market, with subsidiary industries adding value and creating wealth for investors.

Suzuki pointed to the side of the blackboard that was empty of equations, the resource base, and asked whether the calculations took into account the effect of human activity on the environment, the diminishing reserves and growing waste that Suzuki reasonably regarded as a cost mortgaged into the future. "That's an externality," the instructor responded dryly. In other words, the environment is something external to the grand human workings of the market and not worth factoring in. Suzuki left the class on the spot.

According to Stefano Zamagni, prior to the 1900s, economics was referred to



as “the science of happiness.” By the late twentieth century, it bore the ignominious title, “the dismal science.” In a lecture in Vancouver in 2004, Zamagni described the crisis facing economic science. Economists identify the common good with the sum total of individual goods, the professor says, which doesn’t work, as it ignores “the good of every individual in all the dimensions of a human being.” What Zamagni calls the “original sin of economics” is the reductionist idea that economic relations are reducible to the exchange of equivalence: I give or do something for you and you give or do something for me of the same value.

**Y**et there is another dimension to exchange, based on the principle of reciprocity, and as Zamagni noted, “...the principle of reciprocity is completely different from the exchange of goods.” Reciprocity is closely tied to trust and both variables are entirely missing from economic equations. In fact, they are extremely difficult or impossible to quantify, yet immensely important for sustaining fair economic relations. Enron, anyone?

Zamagni connects several decades of materialistic economic philosophy, with its reductionistic disconnect from the real word, to the deterioration of North American civic and family life. The “instrumental rationality” of economic thinking, he says, has ventured far beyond its sphere of applicability, justifying a dog-eat-dog paradigm for both interpersonal and international relations.

Steve Keen, associate professor of economics and finance at the University of Western Sydney, describes conventional economic theory as “autistic.” “What passes for ‘normal’ in economics barely deserves the appellation ‘science,’ he asserts in his 2001 paper *Economists Don’t Have Ears*.

Keen writes: “Most introductory economics textbooks present a sanitized, uncritical rendition of conventional economic theory...the courses in which these textbooks are used do little to counter this mendacious presentation. Students might learn, for example, that ‘externalities’ reduce the efficiency of the market mechanism. However, they will not learn that the ‘proof’ that markets are efficient is itself flawed.” Keen also assails the economics, as taught at an undergraduate level, as “profoundly boring,” and those who move from the discipline into accountancy, finance or management learn just enough to walk away from the classroom with a warped view of the world.

Although there is a vast body of literature critical of economic thinking, the students aren’t exposed to any of it. Most students end up swallowing the axioms of economic science because, as Keen notes, “...their training leaves them both insufficiently literate and insufficiently

numerate.” Neither are they given the historical context for economic thinking, making it seem as if some bearded prof had delivered it from on high, reading from inscribed tablets.

Economics has persevered with mathematical methods that professional mathematicians have long ago transcended, Keen writes. “This dated version of mathematics shields students from new developments in mathematics that, incidentally, undermine much of neoclassical economic theory.”

In particular, applying the findings of chaos theory to real-world market behaviour involves an understanding of “ordinary differential equations.” Yet this topic is taught in very few courses on mathematical economics, notes Keen, and where it is taught, it is not covered in sufficient depth.

“Economics students therefore graduate from Masters and PhD programs with an effectively vacuous understanding of economics, no appreciation of the intellectual history of their discipline and an approach to mathematics, which hobbles both their critical understanding of economics and their ability to appreciate the latest advances in mathematics

.....  
**If there is an underlying oneness of all things, it does not matter where we begin, whether with stars, or laws of supply and demand, or frogs, or Napoleon Bonaparte. One measures a circle, beginning anywhere.**  
 .....

and other sciences.

“A minority of these ill-informed students themselves go on to be academic economists, and then repeat the process. Ignorance is perpetuated,” Keen claims.

Bill Rees, professor at the School of Community and Regional Planning at the University of British Columbia, is best known for his concept of the “ecological footprint.” He received a PhD from the University of Toronto in population ecology in 1969 and when UBC’s forward-thinking School of Planning went looking for someone with a background in the biological science, Rees fit the bill. He began to ponder the relationship between the carrying capacity of the environment and economic activity, subsequently developing “a simple little model” showing that the human carrying capacity of the Lower Mainland was less than half of the population of the time. In a 2006 article by Robert Alsted in the *Vancouver Courier*, Rees discussed the response from colleagues:

“One of them, a prominent Canadian resource economist, took him to lunch and with genuine concern told him that if he continued to pursue his research interests as expressed in that little paper, his career at UBC would be ‘nasty, brutish and short.’ Didn’t he know? Carrying

capacity as a concept had been demolished long since –trade, technology and human ingenuity could make up for any regional resource shortfalls.”

In recent years, there has been some noodling with “the economics of happiness” along with the emerging new science of “behavioural economics.” But as long as GDP calculations can factor a heart attack, a divorce or an oil tanker spill as economic pluses, the rot goes to the core of the discipline.

“The mad rantings of men in authority often have their origins in the jottings of some forgotten professor of economics,” said John Maynard Keynes, himself a largely forgotten professor of economics. As journalist Naomi Klein demonstrates in her most recent book *The Shock Doctrine*, the economic theories of Milton Friedman were put into practice in Chile immediately following the 1972 coup. Friedman’s dangerous, destructive ideas became the intellectual foundation for the subsequent neocolonial domination of Latin America, under the so-called “Washington consensus.”

From the corporate-backed war of attrition on the public sector, to Canada’s proxy war in Afghanistan, with its per-

petually-undefined “mission,” to the Iraqi debacle and the American’s current sabre-rattling with Iran, surely part of the problem resides in the education of the advisors and handlers who surround our leaders. These people suffer from a serious thinking problem. Their blinkered, one-size fits all vision of a world monoculture, of democracy at gunpoint, is about what you’d expect from anyone whose worldview is post-Enlightenment, but pre-Einsteinian.

I’m sure many of these highly educated sorts would fail to see the full relevance of the anecdote about Caesar’s last breath. But I’d like to think a few of them would be stirred by the words of the late Italian author Primo Levi. In his book *The Periodic Table*, Levi tracks the path of a carbon atom as it escapes from a block of limestone and travels into the airways of a falcon. It fails to penetrate the bird’s bloodstream and continues whirling about in the atmosphere for another eight years, before being inhaled by the author himself. The carbon atom makes its way into Levi’s bloodstream and into a brain cell that, as he says, “...guides this hand of mine to make this dot upon the page: this one.”

Levi’s scientific lyricism underscores the message of Caesar’s last breath. Our

lives are intimately interwoven with all things, living and nonliving. It’s hardly a radical notion: most of us get it by now. “The Butterfly Effect” is well known enough that it became the title of a Hollywood film. Yet the idea that human beings are rational free agents, with no allegiance to anyone or anything other than their own self-interest, remains a given in neoclassical economics. It’s not a workable recipe for dealing with a finite planet with real-world limits, but it works just fine as a philosophy for psychopaths.

Like former chemist and Auschwitz survivor Primo Levi, we’re all co-authors in the universal process of creation. This is demonstrably true in market economics. Our collective capacity for reality construction is demonstrated by the gyrations of stock exchanges. The value of stocks are no more than what we collectively believe them to be, arguably making market economics a branch of social psychology.

The world as we experience it is a weird amalgam of world and worldview, of expectation and external relations. Werner Heisenberg, one of the architects of quantum theory, held that “...what we observe is not nature itself, but nature exposed to our method of questioning.” As scientists penetrate nature to smaller and smaller scales, all they find are ghost-like entities that evaporate into abstract clouds of probabilities. And the deeper they go, they find only the relationships between things, which themselves are only relationships between other things, whether we call them quarks, strings, “virtual particles” or some other conceptual will-o’-the-wisp.

Recent physics experiments in Vienna on “non-locality” have confirmed that all parts of the universe appear to be in instantaneous connection with all other parts. This is reminiscent of the Buddhist notion of “mutual arising” or the Vedic myth of Indra’s net, composed of an endless web of jewels that reflect one another.

Through its recursive retreat into endless layers of pattern, it seems the universe forever hides its face from us, hinting that our self-image as independent beings isn’t the whole story. It’s more like a game of hide and seek between observer and observed.

Ultimately, we are no more “rational utility maximizers” in a “free market” than we are sacks of chemicals disconnected from the air we breathe. We are creative patterns, whirlpools and turbulent flows, inseparable from all the other patterns in the river of being. This is what ecology and the sciences of connectedness have been telling us for decades. And as the frogs, songbirds and honeybees continue with their vanishing acts, the time is running short for the wizards of the dismal science to get it.

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# **How Canada can avoid an American corporate takeover**

**Canada is currently going down a path that will see its inevitable integration into the Bush Administration's corporate and militaristic desires. Can Canada regain its own self-determined direction?**

by Drew Nofle

What do you call a country where the gap between the rich and the poor is growing beyond bounds, the principal exports are wood pulp and scrap metal, the principal imports are manufactured goods and the fastest growing industry is the construction and operation of private prisons?

According to Dr. Robert Bowman Lt. Col. (ret), the answer is a Third World country. Unfortunately for us, this Third World country is the US with its corporations unilaterally running the world, and its military spending far exceeding that of the rest of the world combined. Disturbingly, Canada is currently going down a path that will see its inevitable integration into the Bush Administration's corporate and militaristic desires. The question is can Canada regain its own self-determined direction?

Dr. Robert Bowman has seen both sides of the argument of corporatism and militarism. He flew more than 100 combat missions over Vietnam and directed the Department of Defense's Star Wars programs under presidents Ford and Carter. Since then, however, Dr. Bowman, who received a Ph.D. in Aeronautics and Nuclear Engineering from Caltech and ran as the Reform Party presidential candidate in 2000, has spent well over two decades in the peace movement.

Last summer, during a speech he gave in Portland, Oregon, Bowman delivered a State of the Union address at his imaginary inauguration as successor of George W. Bush for President of the United States. During this address, he cited how America is unquestionably number one. "Number one in the use of our world's resources, number one in the production of pollution, number one in the gap between the rich and the poor, ...deaths by gunfire...teen pregnancies ...poverty among the elderly ...citizens without health coverage...child poverty ...homeless veterans ...and number one in citizens behind bars. Our Canada is following suit with these prerequisites for corporate takeover."

Bowman also talked about how

his predecessor should have taken the advice of his father. In George H. W. Bush's memoir, he writes, "Trying to eliminate Saddam would have incurred incalculable human and political costs. We would have been forced to occupy Baghdad, and, in effect, rule Iraq. There was no viable exit strategy we could see. Had we gone the invasion route, the United States could conceivably still be an occupying power in a bitterly hostile land." In a rare show of emotion, Bowman then proclaimed, "It is too damn bad his son doesn't read!"

Mr. Harper is also seemingly missing this fatherly advice.

On August 22, 7:30 PM, Dr. Bowman will give a lecture at the Maritime Labour Centre in Vancouver. His talk will focus on how Canada can escape American corporate takeover. Although he will be back in Vancouver in late October, be sure to catch him this time around.

In October, he will present evidence to the newly formed Canadian Citizens Jury on 9/11, where a non-partial jury will hear presentations from both the 9/11 Truth community and from official defenders of the official story to determine if the 9/11 Commission Report is a reliable and honest account of what happened that day.

If the jury decides that it is not, it may advise Canada to begin its own investigation to either justify or end our participation in Afghanistan and our material support for the Iraq war. Although the Canadian Citizens Jury will be open to the public, seating will be very limited. The location has yet to be announced.

Come out for Dr. Bowman's talk on August 22 to see why the *Los Angeles Times* calls Dr. Bowman, "The best speaker in the country." We all, Stephen Harper included, could use a little advice. For more information, see [www.vancouver911truth.com](http://www.vancouver911truth.com)

*Drew Nofle helped organize the Vancouver 9/11 Truth Conference in June 2007. He is currently working as a teacher in Yaletown. [onehistory@gmail.com](mailto:onehistory@gmail.com)*





## Gardening with wildlife

ON THE GARDEN PATH Carolyn Herriot

It is sad to think how often gardeners overlook the crucial role of wildlife in their gardens, when countless hours of toil could be saved. The key to attracting and keeping beneficials around is simply to grow a diversity of plants, with a focus on scent, and to provide the essentials of water, habitat and food.

Ponds or birdbaths provide water; you can also simply place shallow dishes around the garden. Water attracts frogs, salamanders and dragonflies and provides an oasis for thirsty insects and birds in hot summers.

The Lorquin's Admiral and the Anise Swallowtail are the most prevalent species of butterfly in my garden. Swallowtails lay their eggs on fennel and dill, which are host plants for larval food. The Lorquin's Admiral needs species of *Salix* (willow), *Populus* (cottonwood, poplars), *Prunus* (cherries), *Spiraea* (spirea) or *Pyrus* (apple) to complete its life cycle.

One of the best natural predators for aphids is our native ladybug (*Hippodamia convergens*). Ladybugs eat aphids in both their adult and larval stage; adults consume up to 5,000 aphids during their lifetime. It is important to recognize the larval stage of the ladybug so it is not mistaken for a pest. Larvae look like six-legged crocodiles, dark brown in colour with bright-orange spots on the back of their lumpy bodies. A mature larva can eat as many as 50 aphids a day, and between 200 to 500 aphids in its three-week lifespan. Ladybugs produce up to six generations a year, which accounts for a lot of aphids!

Dry-laid stone walls or log piles with turf incorporated can attract a wide range of fungi and insects as they biodegrade. These provide habitat for a range of creatures from snakes to mason bees and bumblebees, all of which like to nest in cavities. By simply piling up rocks, you can create a den for garter snakes, which I appreciate for being efficient slug predators.

Ornamental grasses provide excellent summer shelter and overwintering sites for slug-eating ground beetles, ladybugs and other beneficials. Seedheads of grasses provide useful winter insect habitat as well as dramatic winter interest in the garden.

Winter is the harshest season for birds; protection from cold and access to food become imperative for survival. Nesting boxes and evergreen trees and shrubs provide shelter for birds at this

time. Feeders are helpful, as are plants that bear berries or hips. Cherries, crabapples, hawthorns, *Amelanchier* spp. (saskatoon or serviceberry), *Ribes* spp. (currants) and roses are all good food sources for birds in winter.

Gardening with wildlife has opened my eyes to new ways of enhancing the health of my garden. Broad-spectrum insecticides can be fatal to wildlife, but encouraging healthy populations of beneficials in the garden makes it unnecessary to use such products.

### Plants that lure beneficials:

*Achillea filipendulina* (Fernleaf Yarrow) attracts lacewings and ladybugs. *Agastache foeniculum* (Anise Hyssop) has nectar-rich flowers that are very attractive to both butterflies and pest-eating beneficial insects. *Anthemis tinctoria* (Golden Marguerite) produces bright-yellow daisies, which are very attractive to five key kinds of beneficials: ladybugs, lacewings, flower flies, tachinid flies and mini-wasps. *Borago officinalis* (Borage) has bright-blue clusters of edible, cucumber-flavoured flowers. Common green lacewings have a strong preference for laying their eggs on Borage. *Centaurea cyanus* (Cornflower or Bachelor's button) has nectar highly attractive to ladybugs, lacewings and beneficial wasps. *Foeniculum vulgare* (fennel) has flowers extremely attractive to nectar-feeding beneficial insects such as parasitic wasps, lacewings and hoverflies. *Lobularia maritima* (Sweet Alyssum) is highly attractive to syrphid flies, whose larvae eat dozens of aphids daily. *Phacelia tanacetifolia* (bee friend) has lovely purple-blue flowers irresistible to hoverflies and bees. *Salix* spp. Pussy willows are especially valuable because they produce pollen early in spring, when many beneficials are just emerging.

*From A Year on the Garden Path: A 52-Week Organic Gardening Guide by Carolyn Herriot. Second edition \$24.95. Available from your favourite bookstore or order online at [www.earthfuture.com/gardenpath](http://www.earthfuture.com/gardenpath)*

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*Garden Insects of North America* by Whitney Cranshaw; *The Organic Gardener's Handbook of Natural Insect and Disease Control*, edited by Barbara W. Ellis and Fern Marshall Bradley; *Attracting Backyard Wildlife* by Bill Merilees.

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# 聯邦C-51號議案內天然健康產品類別規管之我見

## 聯邦政府制訂的法規對於傳統中醫藥是否公平？



本文：邱麗蓮教授  
翻譯：黃小峰中醫師

加拿大衛生部於今年提出聯邦C-51號議案，用以修訂50年內從未更動的聯邦食品及藥品管理法。C-51號議案在沒有任何中醫藥界專家的諮詢下，今年4月8日於國會一讀通過，4月28日啟動二讀程序。卑詩省的中醫藥團體於今年5月21日組織全省聯盟以反對此議案，並於7月15日正式成立反對C-51號議案全國聯盟。該聯盟的目的在於抗議傳統中醫藥被C-51號議案的修訂案排除於天然健康產品類別之外。為何中醫藥界群起反對C-51號議案？

中醫藥界尊重政府以保護公眾安全為出發點，對傳統中醫藥進行規管，同時也希望政府能正視並認可傳統文化及多元文化社區的需求。始形成的聯盟，關注中醫藥界的利益，與政府同步確保公眾健康，更重視消費者對於健康的選擇與權利。

目前的C-51號議案不但不能保護中醫藥界，反而阻礙中醫藥界的發展。C-51號議案要求傳統中醫藥遵循西藥的標準，然而此標準並不適用如傳統中醫藥的整體性全人醫療系統。C-51號議案對產品安全的定義為優勢多於危險，而產品的優勢由產品的療效所決定。換句話說，C-51號議案以臨床試驗決定產品的療效。對於傳統中醫藥而言，這是一項錯誤的判斷標準。

傳統中醫藥系統是完整且嚴密的，並備有詳細記載之藥典。其系統與西方醫學的系統差異頗多。傳統中醫藥系統的診斷、治療具有整體性，並著重於預防醫學與身體、心理及精神的平衡。中醫藥與西方醫學之差異存在於其哲學理論及基礎概念。因此，證明此兩種系統是否安全有效的方法不可一概而論。

簡而言之，西方醫學重視治病，認為疾病是由於病原所引起，並使用藥物針對病原達到治療目的。相反地，中醫藥重視預防及重建，並認為疾病的產生是由於系統失衡。

中醫藥認為有些病原能與人體共存，不需趕盡殺絕。中醫藥認為“邪之所湊，其氣必虛”。內傷七情、外感六邪、先天體質及生活方式（運動、飲食、工作、房事、突發事件等）均能影響系統的平衡。中藥經由與病原以外之致病因素的互動達到系統平衡的重建，其療效在於整組藥物的協同作用。<sup>2</sup>

中醫藥的使用是開放且動態的，其診斷及治療過程複雜且靈活，能因應持續改變的病程。因此，西方醫學認為是相同疾病的患者，在中醫藥系統中則可能歸屬於不同的證型。舉例而言，中藥處方可能在幾天中因應疾病本質的轉變而有所更改。這是標準化程序所無法提供的。

English version of this article on page 30

典型的中藥處方由多味藥物組成，其中藥物間的交互作用不僅中和單味藥物的副反應，且能加強整體的協同治療效果：

處方中的主要藥物—君藥能提供主要的治療作用；次類藥物—臣藥能加強並協助君藥的治療作用；其餘佐藥及使藥有著不同的作用：治療次要症狀，引藥入經、入臟腑，或調和諸藥。<sup>2</sup>(192頁)

單味藥如何能通過“科學審查”如臨床試驗是傳統中醫藥所面臨的挑戰。而如何使用量化的研究方法則是另一挑戰。

C-51號議案採納傳統科學的觀點，重視實驗數據、測量以及信度、效度的嚴格要求，認為一套標準可套用於所有型式的科學研究，並認定臨床試驗是療效的唯一證據。

少數研究專家瞭解，以傳統醫學研究方法評估中醫藥的有效性與安全性有先天的困難及限制。他們辯論並支持發展合適、嚴格及系統化的評估方法以彌補西方臨床試驗的不足<sup>3</sup>，譬如應用整體系統研究法(Whole Systems Research)評估傳統中醫藥。

整體系統研究法的目的是設計出代表真實世界的系統，其中評估的項目包括以患者為中心的治療結果、醫患互動、診斷與療效反饋<sup>4</sup>。該研究法的關鍵要素為個人化與標準化<sup>5</sup>，而另一特色則包含中西醫診斷。該研究法乃基於新實證主義的觀點，將真相解釋為“正確呈現社會現象的程度”<sup>6</sup>。雖然該研究法未能完全掌握中醫理論的精髓，亦不失為一個好的開始。

許多不同型式的證據可用以支持傳統中醫藥的有效性。譬如科學研究發現、臨床經驗及患者的喜好<sup>7</sup>。傳承千年的中醫臨床證明及完整記錄應獲得認可。中醫藥界必須發展出適用於其理論及複雜機制的研究方法，相對地政府應提供研究經費。

是否將西方醫學的標準用於傳統中醫藥必須根據公平的評估原則，並考量中醫藥是否能維持或改善醫療品質。政府的責任是發展出適用於現代化的公平法規，而非對傳統中醫藥增加罰鍰與賦予檢察官員過大的權責。在管理傳統中醫藥方面，如果政府不具有足夠的信心與知識，不應將此權力交與經驗與知識不足的檢察官員。

使用制式的觀點壓制並歧視另一種系統代表政府的不負責任。C-51號議案及其修訂案將傳統中醫藥邊緣化。因此，我們現在需要一套合適且合理的新法案來規管傳統中醫藥。

邱麗蓮教授小傳

邱麗蓮教授是一名中醫學術研究者。她代表中醫藥界成立反對C-51號議案全國聯盟。請上網查閱：[www.acoalitionagainstbillc51.com](http://www.acoalitionagainstbillc51.com)。

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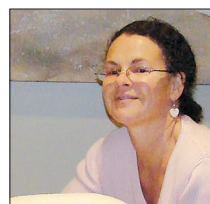
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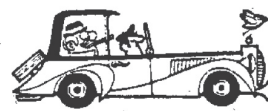
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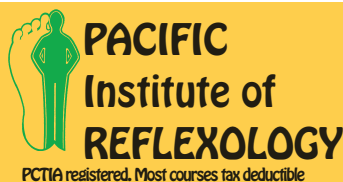
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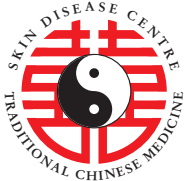
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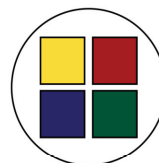
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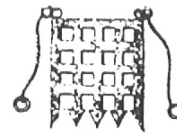


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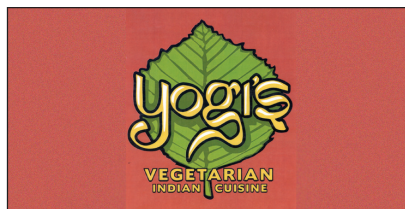
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# Bill C-51 puts Traditional Chinese Medicine at risk

Chinese version on page 22

by Dr. Lyren Chiu

The Food and Drug Act has not been revised for 50 years. Yet with no consultation, the government proposed Bill C-51 to amend the Food and Drug Act, which passed the first reading in Canadian Parliament on April 8, 2008, and moved to the second reading on April 28. On May 21, the Traditional Chinese Medicine (TCM) community in BC formed a provincial coalition to oppose Bill C-51 and on July 15, a national coalition against the Bill was formed, which would also address the amendment to Bill C-51 that dismissed TCM under the "Natural Health Product Category."

Why does the TCM community want to oppose Bill C-51? The TCM community respects the government's intention to regulate TCM for the purpose of public safety and hopes the government will demonstrate an equal amount of respect and recognition of traditional culture and the needs of multicultural communities. And like the government, the newly

formed coalition, which represents the interests of the TCM community, also wants to ensure the longevity of our public healthcare system and people's freedom to choose.

In its present form, Bill C-51 does not protect TCM; it prohibits it. It requires that TCM comply with the measures for drug standards, which are inappropriate for holistic comprehensive medicines like TCM. According to Bill C-51, safety is determined by benefits that outweigh the risks and the benefits are determined by efficacy. In turn, according to the Bill, efficacy is determined by clinical trial, which is the wrong measure to use with TCM.

TCM is a comprehensive and rigorous medical system, with a recorded *materia medica*, differing in many ways from that of Western medicine. Specifically, it is a holistic approach for diagnosis and treatment, with the emphasis on prevention and harmony of body, mind and spirit. TCM and Western

medicine have fundamental differences in their philosophies and concepts and both approaches must utilize their own methods in proving that a particular treatment is safe.

In brief, Western medicine focuses on disease, which is believed to be caused by pathogens, and designs drugs that will target those pathogens to effect a cure. In contrast, TCM focuses on prevention and restoration, with the belief that disease is the result of an imbalanced system.

TCM is not based on the premise that all pathogens must be eradicated; some pathogens, in fact, may co-exist with the human body. According to TCM, pathogens may grow when one suffers a loss of body vitality or experiences psychological or spiritual despair. Factors such as one's emotional state, the external environment and one's body constitution and lifestyle (i.e., exercise, diet, work, sex, unexpected events, etc.) can affect the balance of the system and the contin-

uum of health and illness. Medications used in TCM are designed to restore the balance by interacting with targets other than pathogens, and the efficacy of the medicines depends on the characteristics of complex mixtures of herbs.

TCM operates within an open, dynamic system. The diagnosis and treatment process is complex and takes into account ever-changing conditions. Consequently, a homogeneous patient group in Western medicine may be seen as a heterogeneous group in TCM. For example, a prescription for an herbal treatment may require modification every few days, to manage the changing nature of the conditions. Standardization is not an option.

Typically, TCM uses herbs in combination, with one or more herbs neutralizing the toxic compounds from the other herbs, to achieve a synergistic effect to cure the disease in question: The principal ingredient of the mixture is a substance that provides the main

*continued next page...*



# Welcome to the freak show

FILMS WORTH WATCHING Robert Alstead

Author and former *Rolling Stone* journalist Hunter S. Thompson is often remembered as the drug-binged character from the film *Fear and Loathing in Las Vegas*, tripping crazily through post-sixties America. A new documentary, *Gonzo: The Life and Work of Dr. Hunter S. Thompson* now reminds us just how astute and politically engaged an observer he was, particularly before his literary output slowed in the later decades of his life (1937-2005).

In 1970, Thompson ran a strong campaign for the sheriff's seat in Aspen under an early environmental, freak party manifesto that included installing a set of stocks on the courthouse lawn "to punish dishonest dope dealers in a proper, public fashion." His acerbic reports as an election correspondent on the 1972 presidential trail provide an unfiltered view of the socio-political upheavals of the Nixon era. His take on Nixon – "our Barbie doll president...he speaks to the werewolf within us" – is searingly funny.

Director Alex Gibney, who made the excellent *Enron: The Smartest Guys in the Room* and recent Oscar winner *Taxi to the Dark Side*, captures the wild-at-heart, but caring, spirit of the man. Drawing on seemingly plentiful archival footage from personal and television sources, Gibney traces Thompson's life all the way from

childhood through to his ashes being fired from a rocket launcher.

Thompson's wives and adult son Juan, along with his friends and colleagues, reveal a deep appreciation and surprising latitude for the writer's excessiveness. Memorable interviewees include George McGovern – Thompson's favourite for the 1972 presidential election – Jimmy Carter, *Rolling Stone* publisher Jann Wenner, artist Ralph Steadman and a surprise fan, Pat Buchanan. Add Johnny Depp narrating extracts of Thompson's writings with a sixties soundtrack and you have an entertaining portrait of one of the most iconic characters of the flower power era.

In *The World According to Monsanto* (Vancity, August 1-7) French director Marie-Monique Robin digs into the world's largest seed manufacturer. Framed as an investigative story, Robin peels away the layers of this multi-headed monster, delving into its history of environmental pollution and the suffering it has caused with its products, such as PCBs and dioxins in the defoliant Agent Orange.

Most disturbing is the company's amazing success in getting the first GMO products to the marketplace in spite of



Still from *The World According to Monsanto*.

widespread warnings from scientists working for national food regulatory bodies. "I have never seen a situation where one company could have so much overwhelming influence at the highest levels of regulatory decision making as the example of Monsanto with its GM food policy with the government," says one insider.

This is borne out in accounts from scientists who found that, when they published critical reports of GMOs, their work was rubbish and they were fired from their jobs. There's a telling piece of footage of former vice-president George Bush Sr. where on a tour of Monsanto's labs he promises a smooth path past the regulators for the company's brand new GMO products. "Call me. We're in the de-reg business," he says. The company comes off as thoroughly deceitful, bullying and money grabbing, yet very effective

at pursuing its narrow interests.

Guy Maddin's *My Winnipeg* is a surreal and very subjective documentary about his prairie home. Using his trademark, scratchy black-and-white film effects and image composites, the director has created a highly poetic and heartfelt rendering of his snowy, dreamy prairie home, populated by perpetually sleepwalking residents and his omniscient mother. Next to this, a travelogue looks like a dull, lifeless thing.

Also look out for James Marsh's popular documentary *Man on Wire* about high-wire walker Phillipe Petit's daredevil scheme to make an illegal walk across the twin towers in 1974 (from August 8).

Robert Alstead made the Vancouver-set documentary *You Never Bike Alone*. <http://icycle.bravenewtheaters.com>

...continued from previous page

therapeutic force, and the secondary ingredient enhances or assists the therapeutic action of the first. The remainder of the ingredients serve various functions, such as treating accompanying symptoms, moderating the harshness or toxicity of the primary ingredient, guiding the medicine to the proper organs or exerting a harmonizing effect. How individual herbs might be able to pass "scientific scrutiny" (i.e., clinical trial) represents a challenge for the profession. And how such treatments could be quantitatively researched represents yet another challenge.

Bill C-51 is adapted to the view of science as it is concerned with empirical truth, measurement and rigour, while striving towards standards of reliability and validity. Bill C-51 also suggests that one set of criteria (i.e., reliability, validity and trustworthiness) can be applied to all forms of scientific research and that clinical trial can serve as the sole evidence for a treatment's efficacy.

Only a small number of researchers with backgrounds in complementary and conventional medicine recognize the intrinsic difficulties and limitations in using conventional research methods to assess the efficacy and safety of TCM. These authorities argue in favour of developing appropriate, rigorous and systematic evaluation methods to augment Western clinical trials. For example, to assess TCM, Whole Systems Research was suggested as a useful tool.

In Whole Systems Research, the goal is to design a system representative of the "real world," where patient-centred outcomes, patient-practitioner interaction and diagnosis and treatment feedback are assessed. The focus on individualization vs. standardization is a crucial element of the design. Another aspect of the system includes both Western and TCM diagnoses. The method stems from a neorealist point of view, which interprets truth as "...the extent to which an

account accurately represents the social phenomena to which it refers." While this method fails to completely capture the essence of TCM in complicated research designs, it can be considered a good start.

Various types of evidence can be used to support TCM, including research evidence, clinical experiences and patient preference. The fact that TCM has been clinically tested and well documented for thousands of years must be taken into account. Furthermore, the TCM profession should develop methodologies that fit with its theory and complex mechanisms and the government should provide funding for such research.

Whether or not the same structural standards used in Western medicine can be applied to TCM should be determined on the basis of fair measurement and if the system of medicine can maintain or improve the quality of care. To develop an up-to-date policy for regulation, a

responsible government must use fair methods, rather than simply increasing the penalties and giving the prosecuting inspectors more power. If the government lacks the confidence or knowledge to adequately regulate TCM, delegating power to less knowledgeable or inexperienced inspectors is not the best approach.

By using one worldview to oppress and discriminate against another, the government is acting irresponsibly. Bill C-51 is attempting to marginalize TCM, and as a consequence, a new Canadian regulatory system is now required to apply appropriate and fair criteria to regulate it.

Dr. Lyren Chiu is an academic researcher specializing in Traditional Chinese Medicine (TCM), and she acts on behalf of the interests of the TCM community. For information about a national coalition against Bill C-51, see [www.acoalitionagainstbillc51.com](http://www.acoalitionagainstbillc51.com)



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[www.keystonemusic.ca/upcoming\\_stewart.html](http://www.keystonemusic.ca/upcoming_stewart.html)

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### AUG 12

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### AUG 16

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August 16th, at 7:30 PM. 2950 Laurel St, Vancouver. [www.pranichealing.ca/vancouver.htm](http://www.pranichealing.ca/vancouver.htm)

### AUG 22

**www.Vancouver911truth.org** presents Lt. Col. Robert Bowman PhD: Maritime Labour Centre, 1880 Triumph St. Doors 7PM, Show 7:30PM. \$10, Lecture & Q & A. No questions off limits. Details at [vancouver911truth.org](http://vancouver911truth.org)

### SEPT 3

**Free Introduction to Ishayas' Ascension:** Learn about a practice that helps one establish and maintain life in the Present Moment. 7 pm. Rm 28, 127 Ingram St., Duncan, BC. [www.theishayatradition.org](http://www.theishayatradition.org) or call 1-888-474-2921.

### SEPT 9

**Eliza Mada Dalian**, author of *IN SEARCH OF THE MIRACULOUS: HEALING INTO CONSCIOUSNESS* Meet the author. 7:00 p.m. – 9:00 p.m. Central Library, 350 W. Georgia St. Alice MacKay room. See ad in this issue. Free. 604-331-4044

### SEPT 11

**Dave Stewart** and his 30-piece rock fabulous orchestra, 8pm, the Centre in Vancouver for Performing Arts, Vancouver, Ticketmaster 604.280.4444.

### SEPT 11

**March on Ottawa for 9/11 Truth:** Canadians will march to Ottawa to deliver a petition to our Parliament demanding a new Canadian investigation into 9/11. This year, we demand the truth. [www.marchonottawa2008.org](http://www.marchonottawa2008.org)

### SEPT 13

**Core Belief Engineering Doorway to Success**  
 Great Value! Learn and experience CBE. One day of

theory and exercises; one day of private personal transformation. 604-536-7402

### SEPT 19

**BCPA presents WAIS-IV Differences & Developments:** An Introduction & Review of the New Wechsler Adult Intelligence Scale – 4th Edition with Canadian Norms. [www.psychologists.bc.ca](http://www.psychologists.bc.ca) or 604-730-0501.

### SEPT 24 TO 28

**Core Belief Engineering Basic Course.** Learn how to transform limiting core beliefs in this mind-expanding five-day course. Personal transformation; Practitioner Certification. 604-536-7402. [www.corebelief.ca](http://www.corebelief.ca) / [info@corebelief.ca](mailto:info@corebelief.ca)

### SEPT 28

**"Approaching the End of Life:"** A Buddhist's Perspective. Dharma FREE Talk by Ven. Yin Kit of Po Lam Buddhist Association, 2-4 PM at Tung Lin Kok Yuen, 2495 Victoria Drive. 604-376-3387, [www.polam.ca](http://www.polam.ca)

### OCT 17

**BCPA presents Neuropsychological Assessment Issues:** Problems, Applications & Examiner Responsibilities, by Muriel D. Lezak, Ph.D. [www.psychologists.bc.ca](http://www.psychologists.bc.ca) or call: 604-730-0501.

### SUNDAYS

**Laughter Club.** Laugh as you have never laughed before and feel refreshed, invigorated, and relaxed. 3-4pm Open Door Yoga Studio, 1111 Commercial Drive Info. [farah@thesmilingyogi.com](mailto:farah@thesmilingyogi.com)

**Spiritual Centre for Dynamic Living.** If you enjoy Oprah's Soul Series with leading spiritual teachers, you'll feel at home in our community. Sundays 11AM - Vancouver Planetarium, 1100 Chestnut St. [www.dynamiccentre.com](http://www.dynamiccentre.com)

**SOS (Science of Spirituality):** See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. [www.sos.org](http://www.sos.org)

**Unity of Vancouver:** Empowering people to create prosperity, health and loving relationships through the practical application of spiritual principles. Sunday Services 11AM, 5840 Oak St., Vancouver (604) 266-6281.

### MONDAYS

**Free, anonymous, telephone support line:** Guided meditations for people suffering from chronic pain. Non-religious. Counselors have community crisis line training. 7-11PM, 604-936-5683.

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- Sunday Satsang 6-8 pm
- Prenatal classes
- Beginners Yoga, Mon 8-9:30 pm
- Restorative Yoga, Sat 4-5:30 pm & Mon 1:30-3 pm

280-2010 E. 48th Ave. @ Victoria  
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[www.sivanandavancouver.com](http://www.sivanandavancouver.com)

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events

**Meditation for Planetary Peace**  
 August 16th, 7:30 PM – St. George's Place  
 2950 Laurel St. (at 14th), Vancouver

**Summer Evening Clinics in Vancouver**  
 Tues evenings: 6 - 9 PM – St. George's  
 Aug 5, 12, & 19th

The Meditation for Planetary Peace is held at the beginning of each clinic.

Keep In Touch  
[www.pranichealing.ca/vancouver.htm](http://www.pranichealing.ca/vancouver.htm)

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 with Janet Mierau  
 Certified Pranic Healer

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Please contact Janet Mierau  
 at 604.921.6981 or [jmierau@telus.net](mailto:jmierau@telus.net)



# Classifieds

## TUESDAYS

**Children of War fundraiser:** At Chai Gallery at East is East, 4413 Main St @28th 7:30pm-1:30am, 604-879-2020 See Wednesday listing for more info. [www.thechildrenofwar.org](http://www.thechildrenofwar.org)

## WEDNESDAYS

**Voice Dialogue:** (6-8pm) Cultivating awareness of the intelligence within; explore how to enhance relationship intimacy and grow more fully into who you are meant to be. Call Dave @ 604-985-5771 or 604-488-9203 [www.davewaugh.net](http://www.davewaugh.net)

**Children of War fundraiser:** At Chai Gallery, upstairs at East is East. Local musicians & traditional dancers, 7:30PM-1:30AM, 3243 W. Broadway. \$25/door, 778-837-1862, [www.thechildrenofwar.org](http://www.thechildrenofwar.org).

**Hawaiian Medicine Circle:** 7PM. Hawaiian guided meditation, Sharing the Aloha, tea and snacks. \$10 donation. At Hale Ola, 1215 Madison Ave., Burnaby. 604-431-7474. Call Kumu Kaimana.

## FRIDAYS

**Give Peace a Chant!** Kirtan - the Yoga of Sacred Sound: Energize yourself with Sanskrit sound vibrations, healing mantras and call and response yoga chanting in a friendly community setting. No experience necessary. Every 2nd and 4th Friday, 7:30 pm, 2111 W. 16th Ave @ Arbutus, [www.givepeaceachant.org](http://www.givepeaceachant.org)

**Just Dance!** Three Fridays a month. Alcohol & smoke-free. 9pm, 2114 W. 4th Ave. @ Arbutus. \$10/5. [www.justdance.ca](http://www.justdance.ca).

**"Destiny Dialogues" Free Talks** First Friday of each month, experiential evening that explores the interconnections between destiny and suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. 7-9pm. 604-317-1613.

**DRU Yoga is in Kits:** Gentle, Flowing, Heart-based, Energetic. Beginners Welcome. Registration begins Aug 25. Classes begin Sept 12, 7-8:30 PM, St. James Community Square, 3214 W. 10th at Trutch, 604-876-5153 [soulforce@telus.net](mailto:soulforce@telus.net), [www.sjcommunitysquare.org](http://www.sjcommunitysquare.org)

## ONGOING

**Free Meditation Workshop:** Experience Kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi & enjoy your Powers at our Weekly classes, always free and open to all. 604-597-8440, [www.sahajayoga.org](http://www.sahajayoga.org).

**Unitarian kids believe in their ability** and responsibility to make a difference in the world. Programs for kids 3 years and up, 370 Mathers St., West Vancouver, 604-926-1621, [www.nsuc.ca](http://www.nsuc.ca).

## ALL LEVELS HATHA YOGA RETREATS

SALTSPRING ISLAND Oct 3-5 and Oct 24-26 MEXICO Feb 9-13/09 and Feb 15-22/09. Certified Teacher Dorothy Price [www.dorothyoga.com](http://www.dorothyoga.com) or toll free 1-866-788-9642

## CLASSES

**NEW CAREER PATH?**  
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**COME RELAX & REJUVENATE** at Ashinah Retreat Centre. Live food & Yoga in BC's incredible Kootenays. [www.ashinah.com](http://www.ashinah.com), [niomi\\_lehna@yahoo.ca](mailto:niomi_lehna@yahoo.ca), 250-355-2777.

## HERBAL MEDICINE

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## SKIN DISEASE TREATMENT

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## STORIES WANTED

**SECOND WIND STORIES** is inviting submissions for a proposed anthology about true-life love & success stories by 40-somethings. Visit [www.secondwindstories.com](http://www.secondwindstories.com)

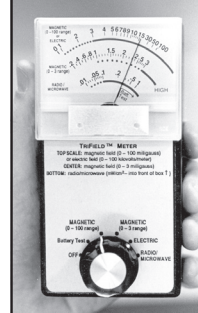
## TAROT

**VANCOUVER TAROT TRAINING INSTITUTE:** Spiritual theory, practical training/supervised practice. Lean to empower clients. P/T or F/T career (certificate provided). Classes/individuals/correspondence/intuitive personal readings. 604-739-0042

## WORKSHOPS

**AUSTRALIAN BUSH FLOWER ESSENCES WORKSHOPS** Level 1-October 16th & 17th Level 2- October 18th & 19th Women's Wellbeing and Bush Essences - October 20th. Understand how emotional patterns affect your health. Contact Lori - [www.ausangels.com](http://www.ausangels.com) or 1-866-477-6779

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**Fri., Aug. 15 2008**

6:30 pm

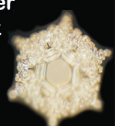
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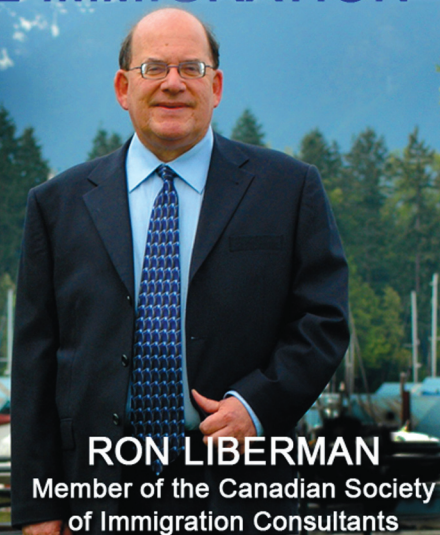
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# On Track Zodiac

**AUGUST 2008** Adrien Dilon



**ARIES** (Mar 21 – Apr 19)

Your desire to express love and affection is truly genuine. No longer just a fantasy, you want to make the experience of partnership real. The long-lasting and fulfilling dance you crave might be a signal that you are ready for more than a flight of fancy.



**TAURUS** (Apr 20 – May 21)

Have you been sharpening your tongue or have you learned to verbalize your point of view and express your emotions without causing an uproar? Perhaps, to tone down your words, the “bull in a china shop” could stroll calmly, exhibiting the gracious and refined side of Venus’s ruler.



**GEMINI** (May 22 – Jun 20)

You may feel drunk with creativity and crave a platform for the high energy stirring within. Send out the Carrier pigeons with prose and proverbs that stem from your heart. No longer wishing to merely spout off didactic sermons, you feel fulfilled openly channeling romantic lyrics.



**CANCER** (Jun 21 – Jul 22)

Ruled by your stomach and heart, you have immense sensitivity and the capacity to feel the reservoirs of emotion in an instant. However, your stomach could be your Achilles’ heel now. Your desire and challenge are to easily digest the emotional climate and environment in which you find yourself. Invite more understanding into your life.



**LEO** (Jul 23 – Aug 22)

Creative pursuits and a constellation of personal ambitions should go very well now as the sun lines up to cast light on your plans. Happy Birthday to the lions and lionesses as the celebrations begin and a sense of relief accompanies the dawning of a new cycle for you. The fortress is strong, while still allowing and welcoming more visitors.



**VIRGO** (Aug 23 – Sep 22)

You might need to cut corners financially. Sometimes regarded as overly frugal, you are simply thrifter than others, but you can also be wildly extravagant. Saturn in your sun sign now could pose some limits on the usual way you manage your time and energy.



**LIBRA** (Sep 23 – Oct 22)

A long awaited inheritance or some kind of dividend could surprise you when you least expect it. Could be that the empty coffee can is filling up with profits. Even a lucky break from a stranger with great news could swing the door open to a new windfall of abundance and promise.



**SCORPIO** (Oct 23 – Nov 21)

Your quest for clarity will have you eliminating any source contrary to what you consider radiant and self-affirming. Anything that seems remotely stagnant in regard to your health or relationships will not be tolerated. You say goodbye to murky communication and cloudy characters.



**SAGITTARIUS** (Nov 22 – Dec 21)

A certain kind of magic could come into your life and leave you breathless for a moment. Surprises of the supernatural kind may be more apparent, as planets with a directive for new beginnings sweep by your force field. Your penchant for excitement will be met with high energy.



**CAPRICORN** (Dec 22 – Jan 19)

You might be reticent to face the changes that are apparent now. A leap of faith will catapult you into the next go-round of life lessons. All you can do in the midst of upheaval or challenge is to see what needs improving and simplify your life.



**AQUARIUS** (Jan 20 – Feb 19)

Will you seize the new opportunities that are laid before you or will you opt for safety and redundancy? Something different could be handed to you that would improve your life in some way; you will choose either the gift or the ordeal.



**PISCES** (Feb 20 – Mar 20)

Because you feel some dissatisfaction in your personal affairs, you might be uttering some mental expletives. Socially, people might be too much for your patience to bear. In the next months, you will be ready to join forces with like-minded individuals. Right now, you simply can’t muster the energy.

Adrien Dilon is a clairvoyant consultant and author with 33 years of experience in astrology, multi-media art and healing, [adrien.dilon@gmail.com](mailto:adrien.dilon@gmail.com), [members.shaw.ca/adrien.dilon](http://members.shaw.ca/adrien.dilon)



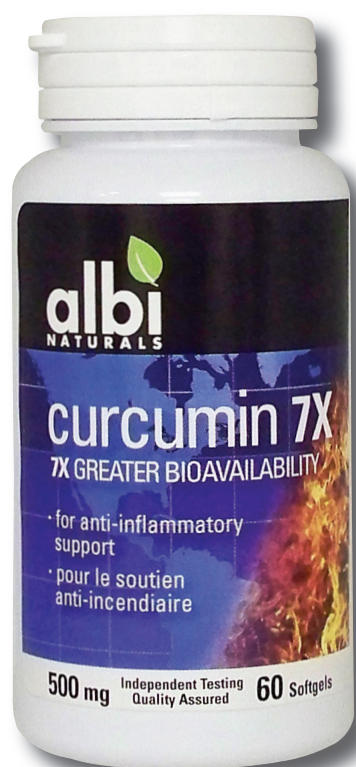


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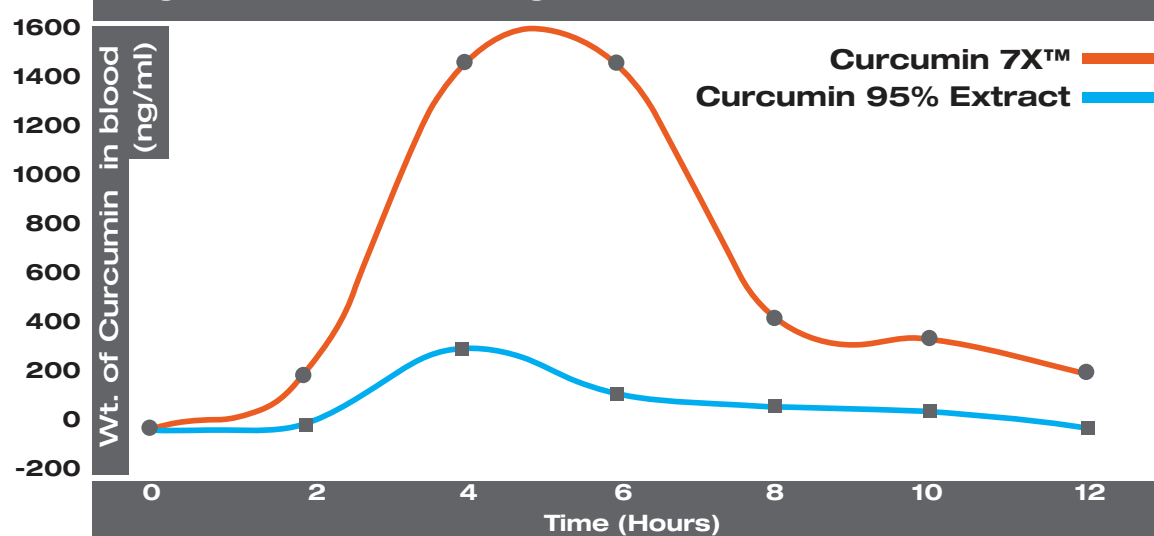


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